BAR HILL NEWS

Brought to you by the Bar Hill Community Association
December 2023 Issue 652

Congratulations to Yonni (Age 10) Winner of This Year's Colouring Competition!

See page 43 for second and third place winners.

More fantastic colouring competition entries included throughout this issue!

December 2023 Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for people of all ages as a place to gather & enjoy community!

4 December	Coffee Stop, Foodbank, Citizens Advice Meet a Parish Councillor 5AsideChess	Health & Wellbeing 10:15 -10:45
11 December		Carers Café 10-11:30 featuring Charity Green from H.A.Y. (How Are You) South Cambs
18 December		Health & Wellbeing 10:15 -10:45
25 December	Christmas Day - No Hub	

WHEN: Every Monday 10am – 12pm

WHERE: The Octagon (opposite Maple Surgery), Bar Hill, CB23 8EH

WHAT: Once again, this year, we will be operating as a Warm Hub through autumn and winter, for all those impacted by the choice of eating or heating or those working from home. The Hub is a busy gathering space, providing a warm, comfortable, welcoming space for our entire community. Come along and join us, we look forward to seeing you!

Coffee Stop: Pop in for a coffee, a piece of delicious home-made cake and a chat with friends, old and new!

Foodbank: No need for any vouchers. If you are struggling financially, drop by and let us help you, available from 9am

Citizens Advice: we have pre booked appointments, please either:

Email: barhilladvice@gmail.com or,

Send a PM: Kevin Potts using Facebook Messenger or,

Phone: and leave your details with our freephone number: 0800 088 6522

Health & Wellbeing: On the 1st & 3rd Monday, take advantage of some exercise guidance from our experienced coach and visiting speakers (starting at 10.15am)

Carers Café: On the 2nd Monday of the month, providing support for any carers in the village, even if you are not a patient of Maple Surgery

Meet a Parish Councillor: you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop. Just look for the sign

Survival English: by prior registration only, usually on the 4th Monday of the month

5AsideChess (within the Coffee Stop): A great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and a chat!

BAR HILL COMMUNITY ASSOCIATION

Chair of Trustees	Andy Pellew
Vice Chair	Anthony Mitchell
Secretary	Jenni Foster-Smith
Treasurer/ BHN Advertising	Hilary Whipp
BHN Editor	Andy Pellew
Features Editors	Liz Dams, and Bridget Wilson
Trustees	
Bunty Waters	Jo Hall
Kate Da Costa	

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email **chair-of-trustees@barhill-ca.org**, or call **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Social Club. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

See www.barhill-ca.org

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LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhill-ca.org**. Thank you!

The Royal British Legion Bar Hill

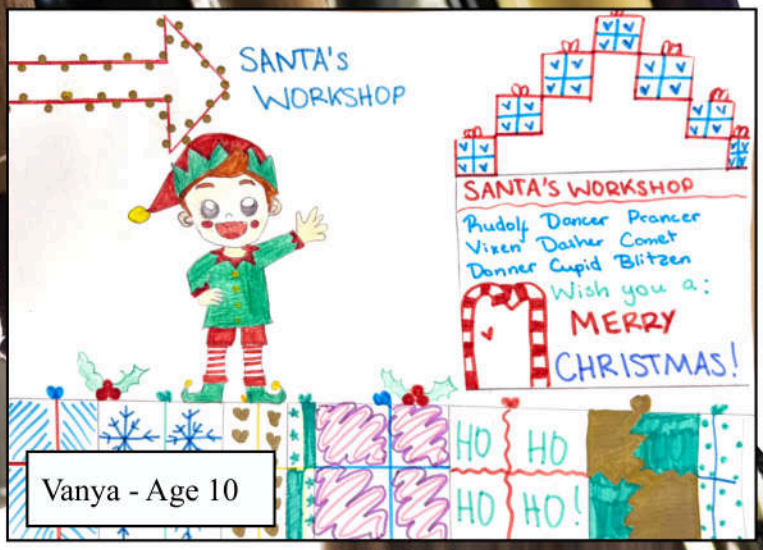
We need new members to join The Bar Hill branch to keep helping all ex-service personnel; this is not just WW1 and WW2 veterans, but those who have served in any other conflict and their families. For example, there was an article where the RBL helped the wife of an ex-serviceman who suffered from dementia to get help. As a Branch, we help raise over £11,000 a year by running the Poppy Appeal in Tesco; without new members, this will no longer be possible as the Branch will close, and this also means no Remembrance Service.

We meet six times a year at the moment, in The Meeting room of The Octagon on the 4th Thursday of the month at 7.30 pm our next meeting will be on Thursday 22nd February 2024.

We have a formal meeting, then enjoy a quiz, a raffle, a glass of wine and a chat. We have a few social meetings where we often have a speaker or a fish and chip supper.

You do not have to have served in any of the Forces to join; we welcome everyone, young or old.

For further information, please either contact Wendy Arrowsmith at **01954 781381** or Malcolm Cox at **01954 488657**



Vanya - Age 10

I would like to give a very big thank you to all who have contributed to this years Poppy appeal, especially to Tesco for its support and to all the wonderful people who helped man the stall selling poppies and associated products.

I don't have any final figures for this year, but it looks set to outdo last year's total.

Maggie Cox (Poppy appeal organiser)

8 o'clock club

The club is a women's group who meet on the 1st Thursday of the month at 7.30pm in the school.

Our next meeting is on the 7th December, which is our members-only Christmas Meal. We will not be meeting on the 5th January as the school is closed.

We welcome back our members and if you are new to the village and would like to join please come along or for more information please phone Barbara **204171** (**07847 327709**) Adela **204265** or Ann **204687**

FREE: Qualcast Concorde electric mower in working order, free to a good home, **01954 782730**

The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

Dear all,

I would like to start by wishing everybody in Bar Hill all the very best for Christmas!

There are three main issues I have been working on with Councillor Waters in Bar Hill. The Post Office, the Gyratory and the old Lolworth Service Station.

I am aware that there has been a disagreement between the County Council and the Postmaster about the operation of the Post Office from the Library. I will not comment on the right or wrongs of the dispute as I have not been privy to all the details of negotiations. It is clear though that the people who will suffer should an agreement not be reached will be the residents of Bar Hill. I therefore wrote to the CEO of the Post Office to ask that they provide continuity of service should an agreement not be reached between the current Postmaster and the County Council. I received a reply from Michael Norman, the Policy and Briefing Manager at the Post Office, in which he stated that "due to the nature of the situation and pending potential legal proceedings by the Council, and as the postmaster has not provided us with a notice to leave, we are unable to investigate options to replace the existing service at this time. We of course, remain hopeful that the postmaster and Cambridgeshire County Council will still be able to resolve this issue." This response is not as conclusive as I would have hoped. In the event that the current arrangements are terminated, I will work to ensure that Bar Hill retains Post Office services.

The service station has been a consistent source of frustration. I have visited on a few occasions with Councillor Waters. Most recently, we attended the site with a representative from National Highways who stated that they were looking to sell the site but that in order to achieve a sale that reflected good value for the taxpayer they needed to resolve issues regarding access with the Land Registry. I offered to write to the Land Registry to speed up this process and requested further details to do so. I have followed up with National Highways but have yet to receive a substantive response beyond that they are awaiting further information from their legal department. My office sends regular requests for updates to National Highways. I hope we can make significant progress in the New Year.

Between the time of writing and the time of publication, I will be meeting representatives from National Highways to discuss ways to resolve the issues around the gyratory. I am aware that it is a cause of considerable vexation to residents.

If there are other pressing issues in Bar Hill for me to look into, please do not hesitate to get in touch at:
anthony.browne.mp@parliament.uk

Anthony Browne MP

FOR SALE: Recliner chair with matching foot stool very good condition £125.00 or near offer, tel. **01954 789931**.

Bar Hill Pre-School

November brought us the cooler weather and fireworks, so our attention was drawn to colours and patterns. We talked about the fireworks we had seen and how the colours lit up the dark skies. We recreated the effect in a glass jar with water, oil and food colouring, watching the colours shoot around the jar. We made sparkly playdough recreating the fireworks we had seen.. We also had some unusual shaped pumpkins donated, so we could feel different textures weigh and compare them.

We learnt about 'Remembrance Day' and visited the remembrance garden to look at the poppy wreaths. We made our own wreath and took part in the minute's silence.

'National Nursery Rhyme' week on 13th November brought us to some old favourites and lots of fun activities, this year's rhymes were; Jack and Jill, Hickory Dickory Dock, Head, Shoulders, Knees and Toes, Row, Row your Boat, and Wheels on the Bus.

We also celebrated 'Children in Need' by wearing spots on our clothes, and dancing like 'Pudsey' bear.

December will soon arrive with us making gifts for our families. We are attending an event in the church gardens and looking forward to our Christmas party.

Interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website **www.barhillpreschool.co.uk** for an enrolment form.

Children are offered places from the term after the child's second birthday. We are open 9am-3pm in term time only. Funding and Childcare payment schemes are accepted.

BAR HILL POST OFFICE

The opening hours for the post office are;

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Bar Hill Church Knit & Natter

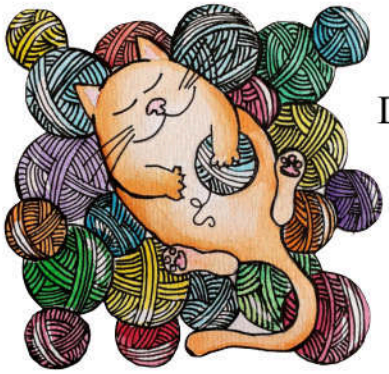
We continue to meet regularly on a Thursday afternoon from 1.30 until 3.00pm at The Octagon. All are welcome.

As a well established friendly group, we enjoy knitting and are all very good at "nattering".

Our aim has always been to welcome and encourage people to join and meet old friends and make new ones. Also to encourage people to use their knitting skills to make things that other people need anywhere there is a need.

We have made vast quantities of baby clothes, scarves and hats for children and adults wherever the need arises in this country or another. We recently made a number of blankets to go into Food Bank parcels at Christmas.

We are always very grateful for donations of wool for our projects if anyone has any spare. Thank you for recent donations they are greatly appreciated.



During our afternoons together, as well as knitting and nattering, we have a regular exercise slot when Wendy keeps us stretched and strengthened with fun exercises. (soon after that we have tea and cakes !!)

Are you interested in joining us? Either phone me or just turn up on a Thursday afternoon. We look forward to seeing some new faces as well as our lovely familiar ones. P.S. You don't have to be able to knit to join us, we are very happy with nattering.

Sue Kenchington **780260**.

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Olive Tree Bereavement Group

Our next meeting is on Saturday, 9th December, and the following meeting will be on 13th January. Meetings are held in the Octagon at 10.30 am, and refreshments are provided.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

Christmas will be with us soon, and for some people, it can be challenging and lonely, So if you find this a difficult time, you are welcome to come along and meet others in a similar position.

We are a very welcoming group where you can talk freely, and your confidence will be respected. There will be time to share your experiences, join in discussions and get to know others in the group.

If you are unsure if the group is right for you, please phone one of us to discuss it. We welcome all newcomers but ask that you come at 10 am so that we can explain the format.

The leaders, who are CRUSE trained, and the other members of the group will offer a warm welcome, and you will meet other people who have been through loss and understand the pain and difficulties that this brings.

For more details, telephone Sue Kenchington at **780260**, Chris Stannard at **781978**, or Maggie Cox at **488657**.

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BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - **bunty.waters@ntlworld.com**
01954 201421/ 07734 690580

Welcome if you are new to the village, you can meet me in the HUB on Monday mornings for a coffee, you can contact me if I can help in any way or you would like more information

Electric Waste Lorries

I queried at the last council meeting about the areas in which these lorries can go, how long their electric charge will take them, I received this response:

The Service currently has 3 electric refuse vehicles, all of which can now travel on motorways (the first one purchased, which couldn't go on motorways, has had an up rated gear box installed).

When looking at distances the vehicles can travel daily, the general rule is between about 60 and 80 miles per day. (This range is also very much dependent on the quantity / tonnage of waste being carried).

It is worth noting that if the vehicle has increased distances on main roads and Motorways such as the M11, this normally reduces the miles per day to 60 miles.

In planning routes, we endeavour not to have too much highspeed work in any one round to maximise the distance that can be achieved.

As you rightly identified, the technology is improving all the time and we expect that the next generation of electric RCVS will have even higher driving ranges.

Disposal of batteries & Vapes

Please don't dispose of batteries and vapes in wheelie bins as they can cause fires, as has already happened in a lorry. Vapes can be taken back to vape shops or to the large Household Recycling Centres for recycling. Small household batteries are easy to recycle at home – put them in a small plastic bag, tie it shut and leave it on the top of your bin on collection day. You can leave them on your black or green bins as this helps crews collect more batteries, as battery containers on blue bin lorries tend to become full.You can also drop off batteries for recycling at supermarkets and other large shops.

Thermal Imaging Cameras

Have you tried one to see where your heat is leaving the house? You could borrow one from South Cambs. For more information **www.scambs.gov.uk/thermal-imaging-cameras**

Recycle your Christmas Tree

Arthur Rank Hospice Charity's team of volunteers will collect your tree in January, hassle free. Trees are chipped and used for mulch or composted. You can register for a collection at **www.arhc.org.uk/tree-recycling**

Council Tax

If you have any changes in your life, new address, new name etc., don't forget to let South Cambs know the details, you may be a single person then you may qualify for a 25.5 single person's discount on your Council tax Bill.There is lots of information and forms on **www.scambs.gov.uk/council-tax** for further information.

Bar Hill Church news

Services

Sun 3 Dec, 10:00 am: Café Church (an informal service with refreshments for the first Sunday of Advent)

Sun 10 Dec, 10:00 am: Gift & Crib (an all-age service telling the Nativity story)

Sun 10 Dec, 6:00 pm: Youth Zone

Thur 14 Dec, 10:00 am: Mid-week Holy Communion

Sun 17 Dec, 10:00 am: Holy Communion (Reformed)

Sun 17 Dec, 6:00 pm: Village Carol Service (a popular traditional service of carols and readings)

Sun 24 Dec, 10:00 am: Christmas Eve Service

Sun 24 Dec, 4:00 pm: Christingle Service (a popular service for children)

Sun 24 Dec, 11:15 pm: Midnight Holy Communion (Anglican)

Mon 25 Dec, 10:00 am: Christmas Day Family Communion (Methodist)

Sun 31 Dec, 10:00 am: Quaker meeting

All are welcome.

About us

Bar Hill Church is an ecumenical partnership working with the Church of England, the Baptist Union, the Methodist Church and the United Reformed Church.

Contacts

Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk
Working hours usually include Monday, Tuesday and Wednesday mornings.

Minister: Revd Wendy Wale, 07780 828865, minister@barhillchurch.org.uk
Working days are Monday, Tuesday, Thursday and Sunday

Website: https://barhillchurch.org.uk

Facebook: https://facebook.com/barhillchurch

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our Memory Cafe is run by volunteers who rely on guests being accompanied by a carer or family member

free to all, every month on the fourth Saturday, our next Cafés for this year are on

Saturday 25th November

Swavesey Community Choir & Chair-based Exercise to Music with Jane Dobinson

Saturday 23rd December

DuoTone & a Festive Quiz

from 10 am to 12 noon

held at The Over Day Centre, 1 Drings Close, Over CB24 5NZ
wheelchair accessible, free parking available

We welcome all from Over and surrounding villages
booking is not necessary, for more information
tel: 01954 231807 or visit www.facebook.com/OverMemoryCafe/

Cambridgeshire County Council have supported the Over Memory Café with a seed funding grant as part of the Care Together Programme, which aims to support older adults to live happily at home for longer

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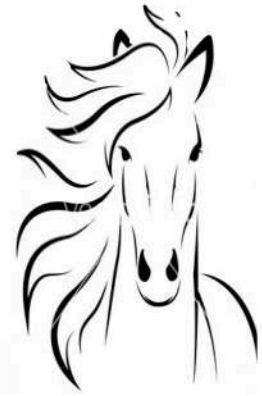
THE BLACK HORSE



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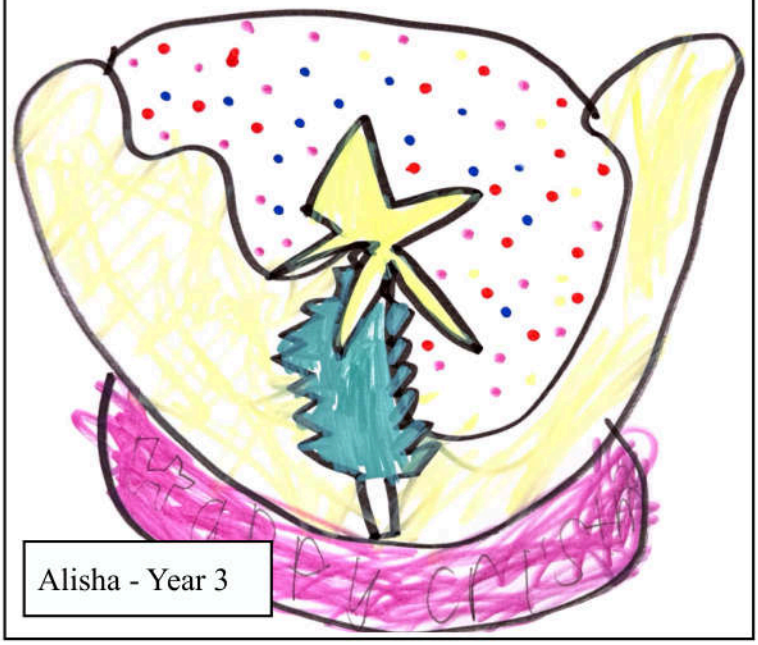

Alisha - Year 3

Hedgehog Fact

Hedgehogs are nocturnal and should only be out around dusk time. The only exception is if they have been disturbed, they will be seen with leaves, grass and other material to make a new nest somewhere else. In general a hedgehog out in the day time indicates it is in need of immediate veterinary help such as intravenous fluid injections for dehydration.

Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580**.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - **07842 190882**.

Mass on Saturday 23rd December in the Church at 6pm. Christmas Eve Mass on 24th December in the Octagon at 4pm. Christmas Eve Mass will be held at 4.00pm on Sunday 24th December-2023 in-the Octagon.

Come & worship & celebrate Christmas - everyone welcome. Contact Bunty Waters for more info.

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Bar Hill Neighbourhood Watch

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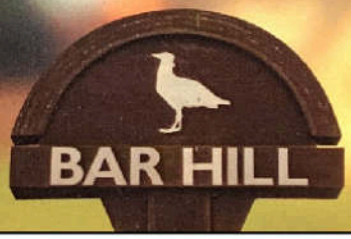

To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

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Bar Hill Tennis Club

Our winter memberships are still available at significantly reduced membership rates. Why not sign up today and enjoy some winter tennis on those sunny days!

Winter membership allows you to play at any time through to 31.3.24: Adult: £25, Junior: £5, and Family: £45. Floodlight use - £5 per session (book via our web site).

For full details of our very competitive membership fees please visit our web site, email, call us (details below) or pop down to the courts during Club nights.

Membership entitles you to play at anytime but the courts are also available to hire for private play. Membership applications and individual court hires can all be booked and paid for "on line" via our website.

It might be December but subject to weather some of our members are still playing on our Tuesday Adult Club night (6.30 to 9pm). We play social tennis – very relaxed and catering for all standards.

Please come along and give tennis a try. We welcome players of all abilities.

We look forward to seeing you!

Paul Chubbuck (Secretary) **01954 781688**, Mobile **07983 435104**

Email: **info@barhilltennisclub.co.uk**

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Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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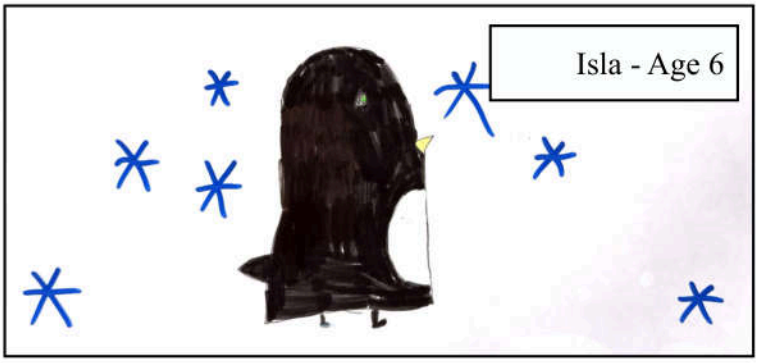

Crafts Shed - December 2023

Wishing a Happy Christmas and New Year to our members and supporters over the last year. We are going to finish off the year by having our Christmas lunch at the Fox with all our members.

We will be back in the new year on Thursday 4th January. We meet every Thursday in the church meetings room from 9.30am to 12.30pm. If you are looking for something to do in the new year, come and see us for a coffee/tea, cake and a chat.

Next year we will be arranging to visit different events in Cambridge and having talks given by invited speakers, so if you are interested in visiting places and listening to interesting topics, do come and join us. We charge an annual membership fee of £35.00 which pays towards our insurance and running costs.

Nick Gunton, Secretary
nickgunton53@gmail.com or
07484255514 / Chris Stannard, Chair
07711623425.

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BAR HILL COUNTY COUNCILLOR'S REPORT

Cllr Edna Murphy - Edna.Murphy@cambridgeshire.gov.uk
01223 577005

Cambridgeshire County Council

Quality of Life in Cambridgeshire

The County Council has commissioned what will be an annual Quality of Life survey involving a representative sample of 5.5k residents. The findings will inform the County's budget process as well as the Public Health Joint Needs Assessment, a mandatory document. The good news is that most Cambridgeshire residents feel happy and safe in the county, well connected to their local communities, and believe it's a great place to raise children.

84%	feel safe in their local community
72%	report high or very high levels of happiness
52%	of 18-24s feel lonely—compared to only 18% of those aged 55+
37%	have struggled with mental health (61% of 18-24s, 59% of 25-34s)
52%	trust the council to make decisions about services
44%	think the council delivers value for money (national benchmark 42%)
86%	are concerned about cost of living increases
48%	have cut back on heating use

But there is stark news elsewhere, with loneliness in Cambridgeshire being far higher than the national average, and most likely to be reported by those aged 18 to 25, who also reported more struggles with their mental health. This is deeply concerning.

The survey found the Council itself plays a relatively trusted role in residents' lives, with just over half of residents trusting it to make decisions. Satisfaction with council services was mixed—highest across library, waste management, street lighting, and registration services, and lowest in road and pavement maintenance.

Residents reported high concerns about the cost of living and many said they were changing their behaviour because of it. 48% have cut back on heating use, 27% have cut back on nutritious food, 8% have used a foodbank and 9%have stopped using prescription medicines.

County Funding Not Applied For

The County Council is once again inviting Parishes to submit bids for local schemes to improve safety for pedestrians, cyclists and other road users in the area. The funding is for genuine improvements to the road, and maintenance work, pavements or private land-based projects are out of scope. Unfortunately Bar Hill hasn't had a successful bid for some years. I hope the Parish takes the opportunity to speak to County officers and take advantage of help available to make a successful bid this year. It would be a shame if residents missed out once again on accessing funding for road improvements.

Keeping the Post Office in Bar Hill

I believe the post office in Bar Hill is a vital public service and am determined to see it continue. It serves hundreds of people in and around the village every week. I have heard from many people who want to help keep postal services in Bar Hill. Please do let me know if you want to join me in advocating to the County Council and the Post Office Ltd to keep the post office in Bar Hill.

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Bar Hill NWR - December 2023

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

Dec 7th - advertising & marketing (discussion)

Dec 21st - what's your tipple? - chose a signature drink of a country and talk about it.

Jan 4th - Call my bluff

Jan 18th - Medical research (debate)

Feb 1st - Newspapers - research history of a newspaper

If you are interested in joining please contact the Local Organiser Marie-Thé on

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BHCA

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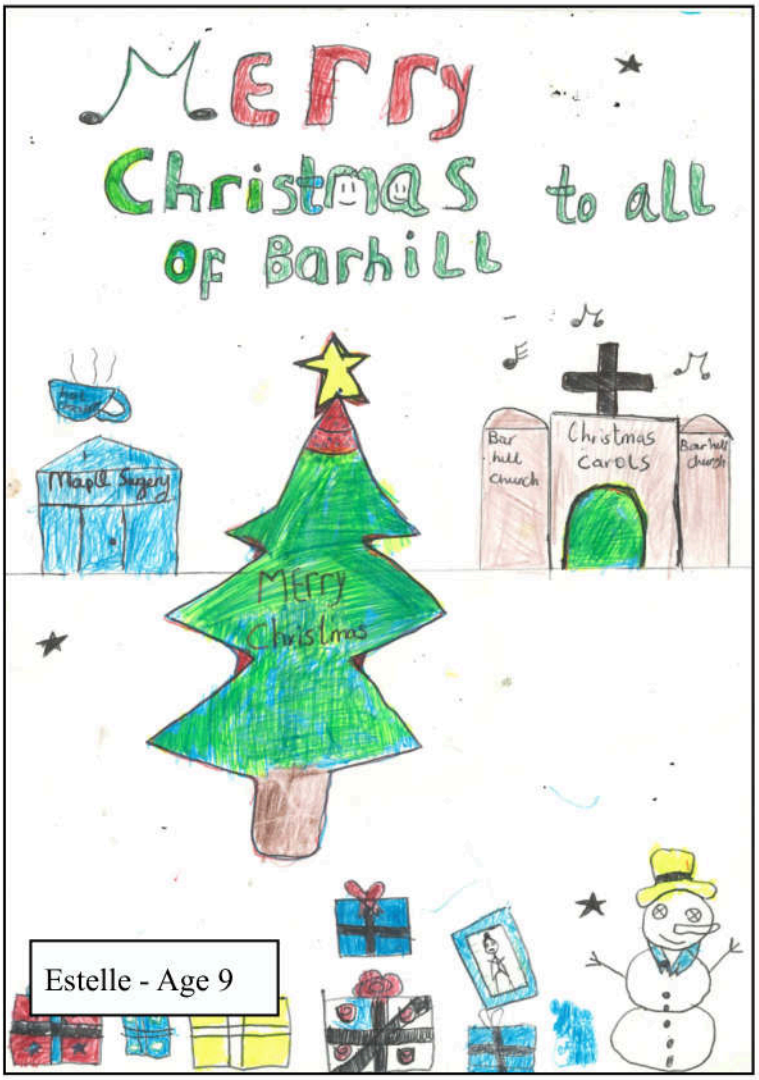
volunteering@barhill-ca.org
07814 871 752



Estelle - Age 9

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Elsie - Year 2

Annual Awards Presentation

Bar Hill CC held its annual presentation night at the Sports & Social Club in October and while not all award-winners were able to attend, it was good to reward those who were there.

Among those photographed were:

Jamil Haque - Player of the season

Jamil again - outstanding performance for taking 6 for 18 against Elsworth

Febin Jamal - Champagne moment

Martin Haslop - Duckman

Paul Stimpson - 200 league appearances

Jim Neal - 'bag of nuts' award

Jenni Stimpson - thanks for a season of doing the scorebook

We'll find an occasion soon to present Jacob Marshall-Grint, Ash Curry and Jake Curry with their awards.

We'll be back next summer - but look out in the Bar Hill News for details of pre-season nets and, hopefully, our next fundraising quiz.

All the latest information on the club can be found at **barhillcricket.org.uk** or on our Facebook page.

Bar Hill Village Hall

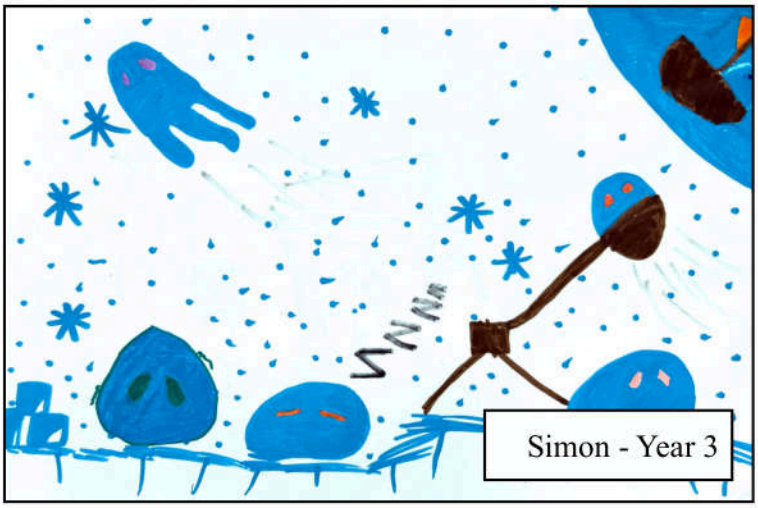
The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a-registered charity (number 1002579). To book, please visit our web site **barhillvillagehall.com** and email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

Abigail - Age 7



Simon - Year 3

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1st Bar Hill Scout Group

Bar Hill Scouts now has four sections: Scouts, Cubs, Beavers and our latest section, Squirrels, for the 4 to 6-year-olds. They started in September and are having a lot of fun and starting to learn new skills.

The Beavers are enthusiastically tackling their programme and enjoy a sleepover with lots of games.

Cub Scouts enjoy a busy programme, learning new skills and craft projects, and attending group camp.

Scouts in our senior section had a weekend camp with many activities and cooking all the meals. The Scouts are looking forward to a summer camp in Holland and are raising money to help fund it.

All sections attended the Poppy Day service at Bar Hill church, parading section flags with everyone looking smart.

Last but by no means least, a warm (we have just had new heating installed) welcome to Bar Hill Guides, who are now sharing the Headquarters.

We can be contacted about children joining or adults helping at **nathan.hills@barhillscouts.org.uk**

Do you have a car and a few hours to spare? 🚗

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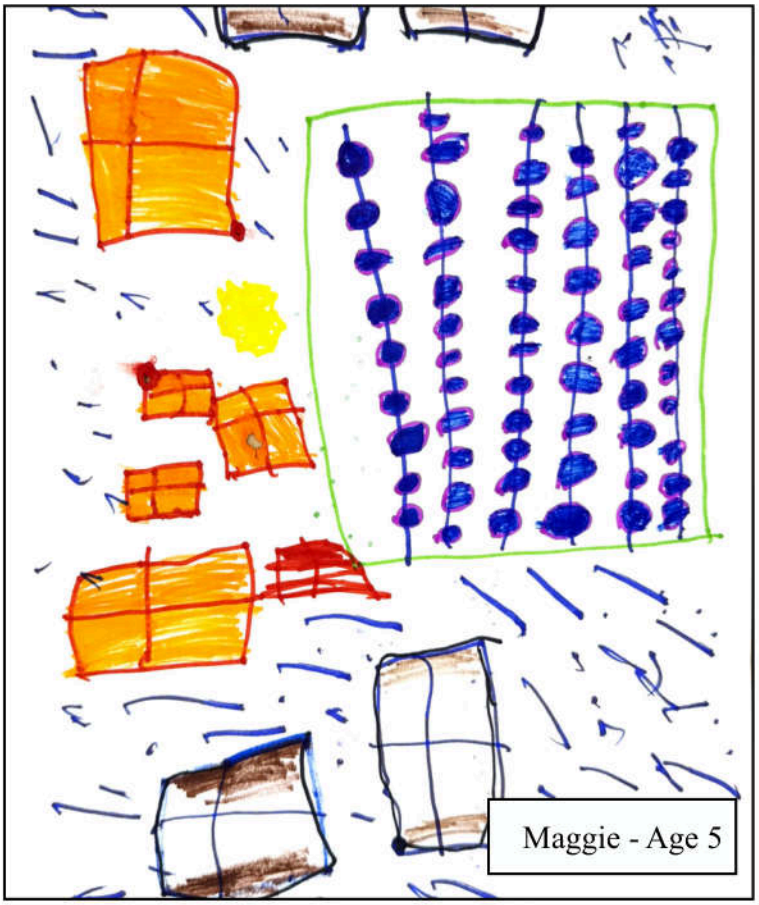

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A message from our PTA….

Thank you so much to everyone that came to the PTA firework display on the 3rd November. We hope you enjoyed the display!

Bar Hill School PTA would like to thank the following companies for their generous donations:

- Urban Car Company
- A Barrett & Son Electrical
- Buttercups Childcare
- Cambs Property Bureau Ltd
- Bar Hill Astro
- JH Fitness Academy
- NGU Construction

Without their donations and yours we are unable to provide the village with such an amazing free firework display. We would also like to thank Buttercups Childcare for the use of their electricity.

After costs, the event raised £1,200. Thank you so much for your support.

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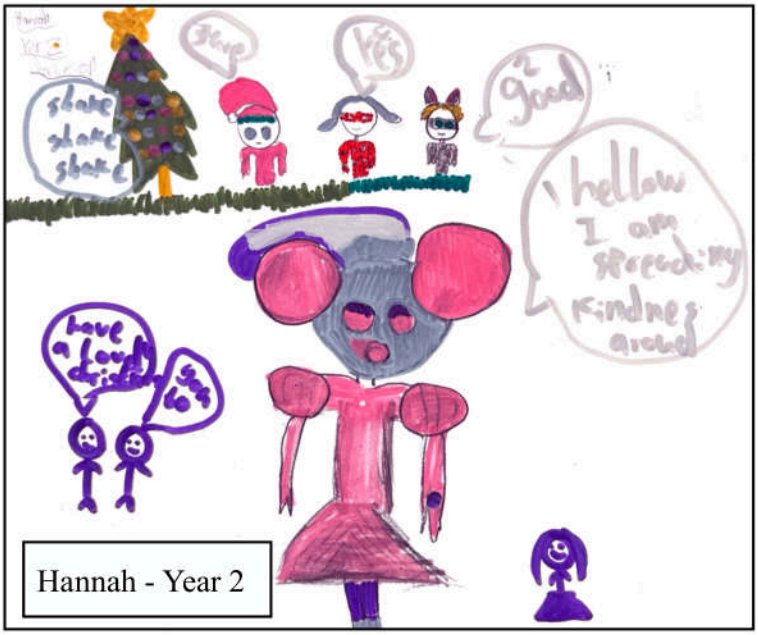

Hannah - Year 2

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Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

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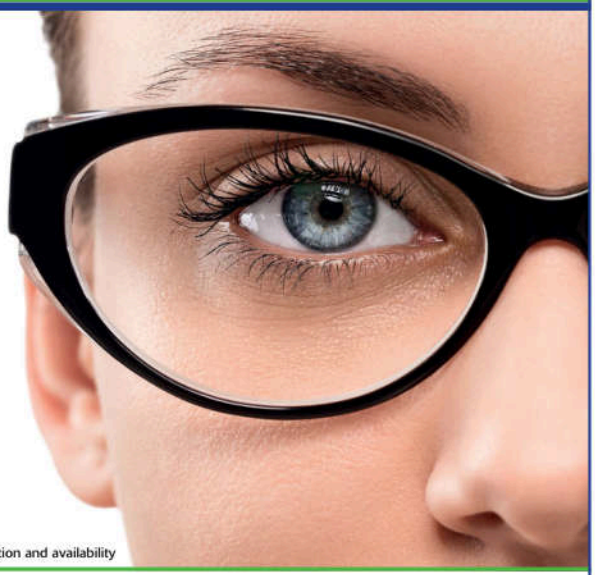

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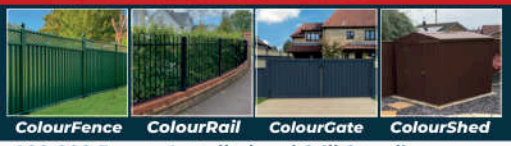

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"Brilliant product and excellent staff. My whole garden is now beautifully furnished with this garden fencing! No more painting for me and no more worries about windy weather. So pleased!"

- Anne Brown, Cornwall

12 months Interest Free or Interest Bearing up to 60 Months

Example: Total amount of credit **£2250**, agreement duration 5 years, the payments will be around **£50.27 per month** subject to lender's discretion.

FOR A FREE, NO OBLIGATION QUOTE TODAY, FIND OUT MORE VIA:
01223 811 160 **colourfencecambs.co.uk**

†Hose down several times a year – Freed Fencing Ltd. is an introducer appointed representative of Ideal Sales Solutions Ltd t/a Ideal4Finance. Ideal Sales Solutions is a credit broker and not a lender (FRN 844269). Finance available subject to status. The rate offered is always provisional and will depend upon your personal circumstances, the loan amount and term.

iDeal 4 Finance | Trustpilot Rated Excellent | MADE IN BRITAIN

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ELITE

TEL: 781937 MOB: 07986392611

43 THE SPINNEY
BAR HILL
CAMBRIDGE, CB3 8ST

* **FULL BATHROOM AND KITCHEN DESIGN & INSTALLATION**
* **ALL ASPECTS OF FLOOR/WALL TILING**
* **SUPPLY & FIT OR LABOUR ONLY**
* **LAMINATE WOOD FLOORING**
* **FREE QUOTATIONS AND ADVICE**
* **QUALITY WORK GUARANTEED**

WE CAN ALSO LOOK AFTER ALL YOUR PROPERTY MAINTENANCE REQUIREMENTS

e-mail: dean.mills2@hotmail.co.uk

PlayPals

Weekly playgroup sessions for babies and preschool children

A range of toys and play equipment with fun activities including crafts, singing, sensory play and story time

Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

Maggie's cancer care centre offers free practical, emotional and social support to people with cancer and their families and friends, before, during and after their treatment. Help is offered freely to anyone with any type of cancer, tailored to individual needs whether the need is emotional support, financial or social. Maggie's professionally trained staff of cancer support specialists, psychologist and a benefit advisor, offer a warm and welcoming environment with no time limit.

MAGGIE'S

Everyone's home of cancer care

Maggie's offer a programme of support each day ranging from yoga, men's support group, art therapy for adults and separately for children, bereavement support, hypnotherapy and acupuncture for hot flushes, menopause workshops and many more support groups throughout the week.

Maggie's is located at 21 Milton House, Addenbrooke's Hospital, Puddicombe Way, Cambridge CB2 0AD.

For further information please drop in to see us or book an appointment Monday – Friday 09.00 – 17.00.

Cambridge@maggiescentres.org

01223 249220 www.maggies.org

Bar Hill HAPPY HOURS Club - December 2023 – January 2024

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up:

01-DEC: Christmas Traditions

08-DEC: Christmas Arts and Crafts maybe??

15-DEC: Bingo and a Quiz

22-DEC & 29-DEC: Just meet up in the bar – no official club

05-JAN: Happy New Year and a Quiz

12-JAN: Bingo and a Quiz

19-JAN: Games and a Quiz

26-JAN: Burns Night/Scottish theme + Quiz

If you give us a try your first week is free.

WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!

Special thanks to the BHSSC, especially Wally, and TESCO who support us throughout the year!

Anne Plumb, Tel: **01954 780364**, email: **anne@rwp10.plus.com**

Theo - Age 8

FRIENDS OF THE ROSIE

HAND-MADE CHILDREN'S TOYS AND CLOTHES

RAISING MONEY ON BEHALF OF THE FRIENDS OF THE ROSIE HOSPITAL – REGISTERED CHARITY NO: 1036092

We wish all our customers and supporters a very Merry Christmas and all the very best of health throughout 2024.

We are stall No 12 at the Virtual Shop Local - East Anglia Online Christmas Market **https://www.facebook.com/groups/778630486315024/**. The Christmas Market runs until Christmas Eve, so you can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family. We are also sharing our extensive catalogue on our RosieinStitches facebook page.

By using our online store you will be avoiding the crowded shops and keeping yourself safe. You can shop for new items at www.rosieinstitches.org.uk or donated items in our rosieinstitches2010 eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the winter using coupon sleeves50.

Thank you for supporting our charity at the recent village events.

We shall be showing off our tree ornaments at the Christmas Tree Festival at All Saints' Church, Landbeach on Saturday 2nd December and Sunday 3rd December 11.30am to 5.30pm

Come and see us in person at

Cambourne Christmas market
10th December 10am to 3pm

Waterbeach Community Market
Sunday 17th December 10am to 3pm

Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22 click on the link on our website

A fundraising platform we are now using is Benevity **https://causes.benevity.org/causes/826-1036092**

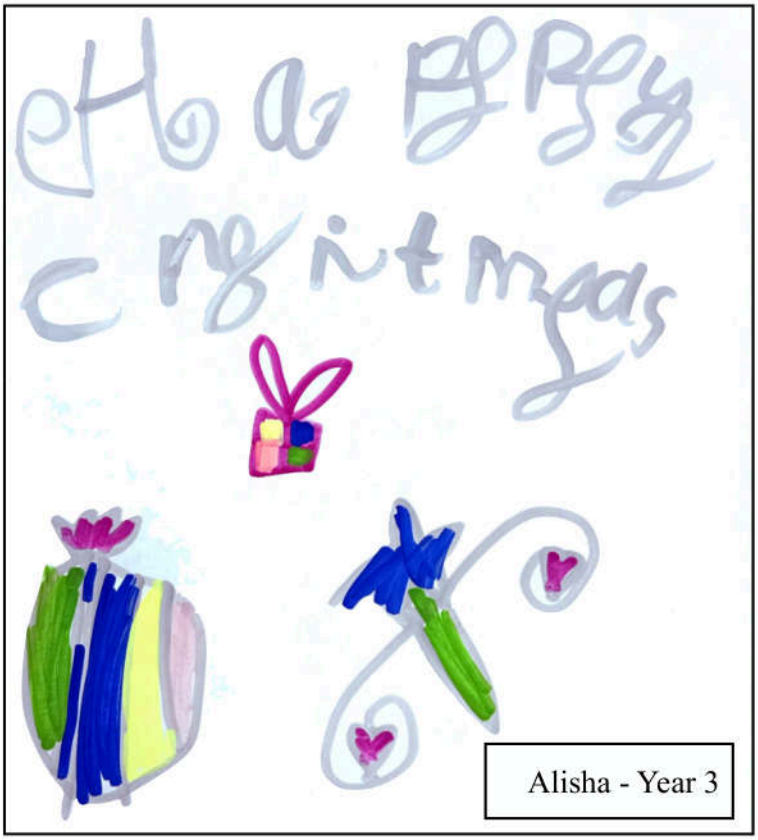
By signing up to support Friends of the Rosie Hospital, Cambridge, England for FREE on **https://www.easyfundraising.org.uk/causes/forh**, you can raise donations whenever you shop online with over 7,500 brands including John Lewis & Partners, eBay, Argos, M&S and more. This will make a real difference to us during this busy shopping month!

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Further details are given on our website volunteering page.

Thank you for your continued support.

Avril Williams & Jo Hall



Alisha - Year 3

WILLINGHAM & LONGSTANTON SURGERIES

Willingham 01954 260230 Longstanton 207600 Dispensary 207602

NHS

Christmas 2023 – Opening Hours

Please note the surgery will be CLOSED on the weekends and all the bank holidays including Monday 25th December, Tuesday 26th December and Monday 1st January.

Please plan ahead and make sure you have enough medication. The last date for ordering repeat prescriptions in time for the Christmas holidays is Tuesday 19th December. For the New Year holidays it will be Friday 22nd December and collection is no later than Friday 29th December by 4pm at Longstanton Surgery and 6pm at Willingham.

When the surgery is closed please call 111 for medical assistance, or 999 for a life threatening emergency.

Details of local Pharmacies that will be open over the bank holidays will be posted on the surgery doors, and also on social media and our website.

Congratulations to Nurse Karen

Karen Prince, Practice Nurse at Willingham Medical Practice, has been given the prestigious title of Queen's Nurse (QN) by community nursing charity The Queen's Nursing Institute (QNI).

Covid Test Kits

High risk groups who used to order free on line kits can now collect these kits FOC from Willingham Pharmacy. Please either bring in your NHS letter or provide proof of your medication. If you are not a high risk group you can purchase the Covid Test Kits from Willingham Pharmacy.

Willingham Pharmacy also offer other services such as a travel clinic and a weight loss clinic - please speak directly with the Pharmacy about these services.

Dispensary Update

To help us keep our line free for our patients who have questions/queries, we respectfully ask that you do not telephone the dispensary to order your repeat medications. Instead, please use System Online as much as possible. You are also able to order repeats via the NHS App or deliver your paper copies into the surgeries at Willingham or Longstanton as well as handing in your repeat slips at the Willingham Pharmacy. Our current turnaround for regular repeat prescriptions is THREE working days (this does not include weekends) so please be aware of this when ordering and give yourself plenty of time to ensure you don't run out of medication. We help where we can with urgent orders, however this is always subject to stock availability so we cannot guarantee we can fulfil your prescription. In these circumstances we will advise on how to obtain your medication.

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Wednesday 6th December at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE! Please contact susan.lawson7@nhs.net for more information.

All the staff at the Willingham and Longstanton Surgeries would like to wish our patients a happy and healthy Christmas

U3AC

Inspiring, Educational, Sociable.

Retired or semi-retired?

Now it's your time to explore new ideas, skills and interests, meet new people and enjoy yourself!

From astronomy to history, Bridge to botany - there is something for everyone!

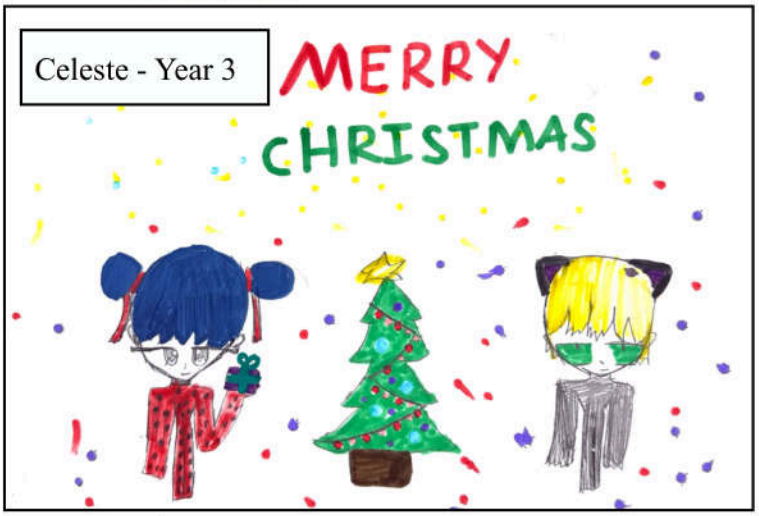
- Run by members for members
- Meet people with common interests
- Choose from over 300 educational, social and leisure day-time activities in and around Cambridge.

27-28 Bridge Street, Cambridge, CB2 1UJ
Telephone: 01223 321587
Registered Charity No: 1180769

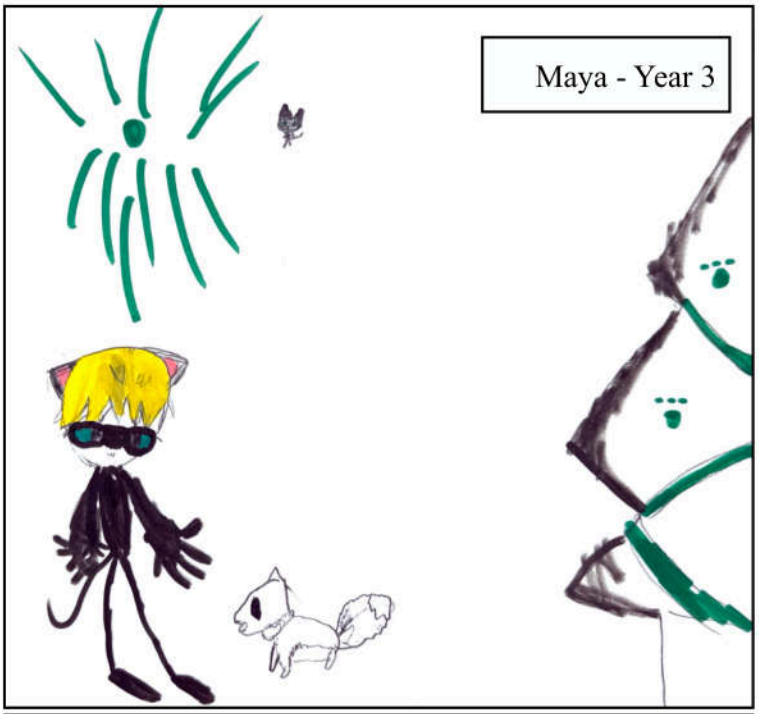
Join us today
www.u3ac.org.uk

Castiel - Age 7

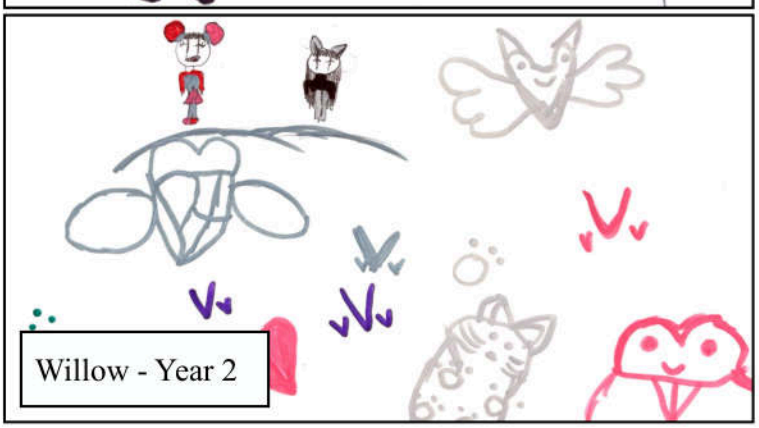
Maya - Age 8



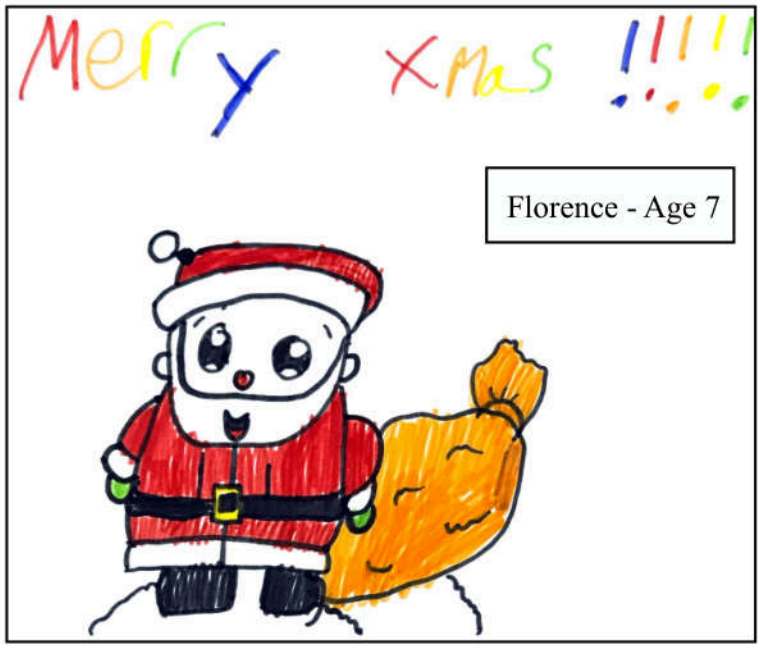
Celeste - Year 3



Maya - Year 3



Willow - Year 2



run for your life.

Healthy You

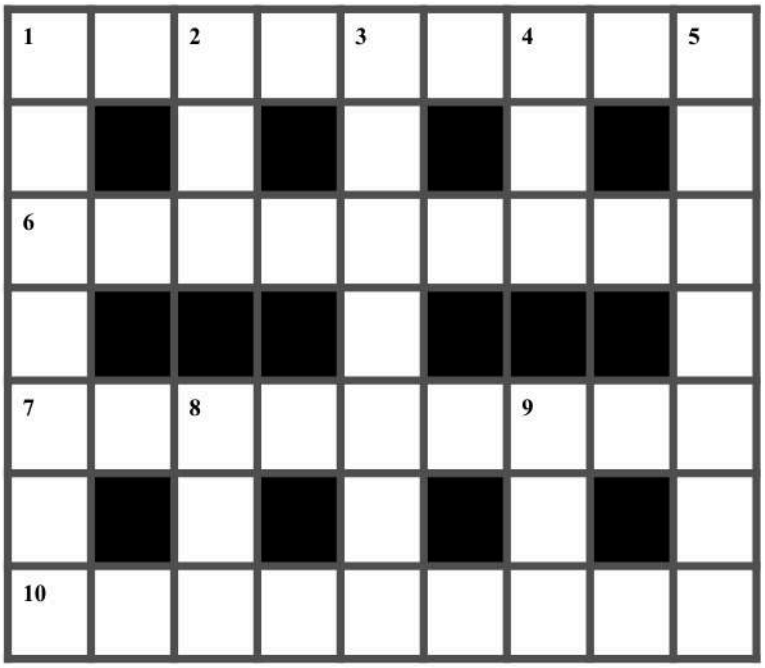
Free, friendly running group in Bar Hill

Join us for an easy way to get into (or back into) running. You can't get left behind and our only goal is that you have fun. No commitment and low stress!

Tuesdays & Thursdays at 6pm from The Octagon

Info and booking: linktr.ee/rfyl

Bar Hill library
BAR HILL LEGO CLUB
SECOND WEDNESDAY OF THE MONTH (TERM TIME ONLY) 3.30-4.45PM
ALL SESSIONS ARE FREE OF CHARGE AND DON'T NEED BOOKING, JUST COME ALONG WITH YOUR CHILDREN!
Cambridgeshire County Council



PUZZLE - December 2023

Across- 1.end of year festival. 6.they warm our homes. 7.win at chess. 10.long shaped breads.

Down -1.yellow grain for boiling. 2.Rudolphs nose colour. 3.scintillate. 4.low. 5.female siblings 8.ovum. 9.fitting.

Bar Hill Childminders

Bar Hill Childminders are all graded 'Good' on their latest inspections, are fully insured and have Paediatric First Aid training. We offer quality, caring, home from home care with a wide range of exciting experiences for the children, both within our settings and the local community.

We regularly go on walks, outings and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them learn and progress.

We accept the 2,3 and 4 year funding and the Government Tax Free Childcare payments.

As we are busy during the day with the children, please text us your enquiry with details of your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky – **07718447998** – ages 6 months upwards. Term time only and all year round care offered. Spaces expected from Sept 2024.

Kirsten – **07906218070** – ages 6 months upwards. Term time only and all year round care offered.

In November we asked our families for food donations to help local families. We invited Wendy, Kevin and Yvonne to come to our Childminding group so we could hand the donations over. We were very lucky and had some very generous donations, both from ourselves and our families. It was lovely to hear how our donations would help people to have a good meal.

We have continued our nature walks, puddle jumping and watching the water flow down the stream and under the bridge in the nature reserve. We regularly see lots of birds and squirrels and one little girl even thought she saw a shark in the stream! We saw lots of animal prints in the soft mud, marks from horseshoes and lots of different sized dog paws, or were some of them from The Gruffalo?!

We celebrated bonfire night with lots of sparkly firework crafts. We visited the Poppy appeal stand in Tesco to buy some poppies and made poppy paintings and collages.

We continued our baking with yummy sausage rolls and cheesy scones cut into leaf and acorn shapes. We shared the scones and the recipe with our families.

We learnt about animals that hibernate during the winter and left nuts out for the squirrels and bird food in the garden to help them eat when its cold and frosty.

We made spotty Pudsey bears for Children in Need and practised crossing the road safely in Road Safety week.

We are looking forward to Christmas with lots of crafts in December and we are taking part in the Church Advent window display again. We hope to display our artwork in the Meetings room window.

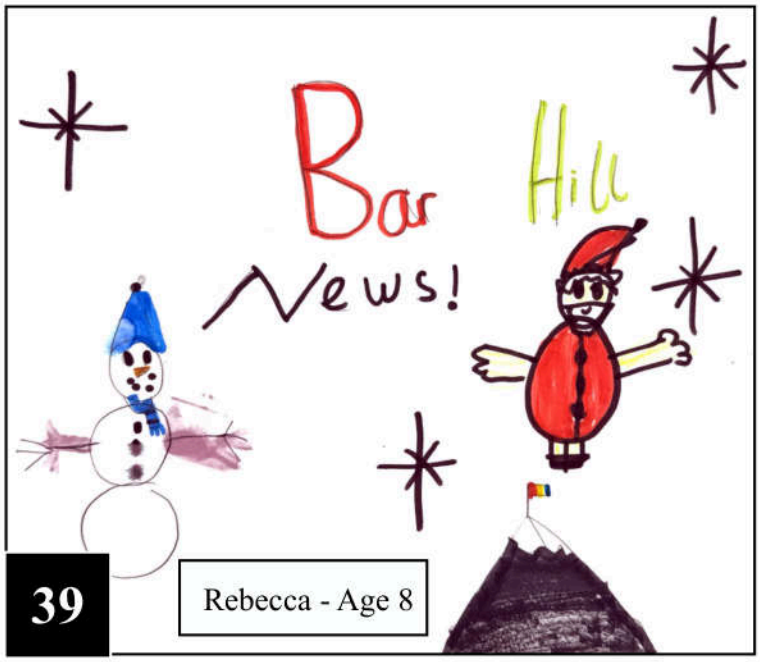
Florence - Age 7

Merry XMaS !!

Helping Hedgehogs in December

During mild winters hedgehogs may remain active late into December. They will wake up during milder spells to top up their body fat. You can help them by leaving fresh water and kitten biscuits out at night.

For help and advice on hedgehogs contact Liz Dams **07912 988898** / Shepreth hedgehog hospital **07947 361187**.



Rebecca - Age 8

Bar Hill library

Mon	10:00am – 5:00pm
Tues	2:00pm – 5:00pm
Wed	10:00am – 5:00pm
Thurs	Closed
Fri	2:00pm – 5:00pm
Sat	9:30am – 12:30pm
Sun	Closed

Cambridgeshire County Council

REMAP making things possible

What does Cambridge REMAP do?

- REMAP volunteer engineers design and make bespoke equipment for people of all ages (babies to elderly), with a disability.
- We can make equipment to facilitate Mobility, Personal Care, Hobbies, Communications, Sports, etc.

How can get I help from Cambridge REMAP?

- If you are struggling with a physical task due to a disability, get in touch.
- REMAP engineers often work with health professionals, such as OTs and Physios, but Carers and individuals can also contact REMAP directly (details below).
- Our service is provided free of charge

Cambridge.Secretary@remapgroups.org.uk
Tel: 07946 019175
www.remap.org.uk Remap.org @RemapUK

Bar Hill library

Rhymetime

Every Tuesday
2.30pm—3pm

Wildlife Gardening in December.

Now more than ever our wildlife needs our help to survive. There is so much building going on which is taking away important wildlife habitat. Our gardens have become the biggest nature reserve in the UK. We can help wildlife survive winter by leaving food out for birds every day including suet ,sunflower hearts and and always leave fallen fruit. It's important to clean our feeders and water baths regularly. Putting bowls of water on the ground will help hedgehogs and other wildlife too!

Leaving seeds on herbaceous plants and shrubs will help, and don't worry about clearing leaves. Those leaves provide much needed homes for wildlife. By helping nature, we are helping ourselves. Everything we eat, drink and breathe comes from the natural world. There really isn't anything more precious to all life including us!

New Year, new you?
Spring term classes booking now! Tel 01954 782250
The Seasons Art Class Cambridge

the Seasons Art Class®

The Art Class You Always Wanted

Art classes enrolling now, for every Tuesday from January 2nd 2024 at the Cambridge and County Bowling Club, Brooklands Ave, Cambridge CB28FG

Suitable for adult beginners and improvers
Drawing, pastels, watercolours and acrylics, and an exhibition.

14 fun and creative weeks at 10am-1pm or 2-5pm

Facebook: Seasons Art Class Cambridge

Norman's Dog Day Care

Come and join Onyx and his friends at our popular....

PUPPY SOCIALISATION & TRAINING SESSIONS

Well over 300 puppies successfully trained since the first easing of lockdown.

Sessions run twice daily Monday to Friday

AM session: 8am to 12 noon*

PM session: 12:30pm to 4:30pm*

£20 per session (up to 6 months)

The course is designed and run by Tamsin-Jane Sewell a degree qualified Canine Psychologist, leading local dog behaviorist and highly acclaimed trainer. Here your puppy will be scientifically introduced to many other breeds of dog where he/she will learn to socialize properly, giving your new fur baby the very best start in life. Our aim is to help you develop a well rounded and contented dog from puppy through to senior citizen.

During each session an element of training is introduced, tailored to your dogs identified developmental needs, with a short video uploaded to a dedicated and exclusive 'members only' training area on our Facebook page. This will contain a demonstration of each task/developmental aspect with useful 'how to' tips to help you continue the training in your own home. Come and join us in our clean, safe and popular Day Care Facility in the village of Over just outside Cambridge.

* some flexibility over pick up/drop off times

NORMAN'S

★★★★★ RATED FACILITY

Book your space now on 07764 959238 or TJ@normansdogdaycare.co.uk

Swavesey Radsoc Presents

Sleeping Beauty

A family pantomime by TLC Creative

January 2024 . .

At Swavesey Village College

Ayla - Age 9

Poppy - Age7

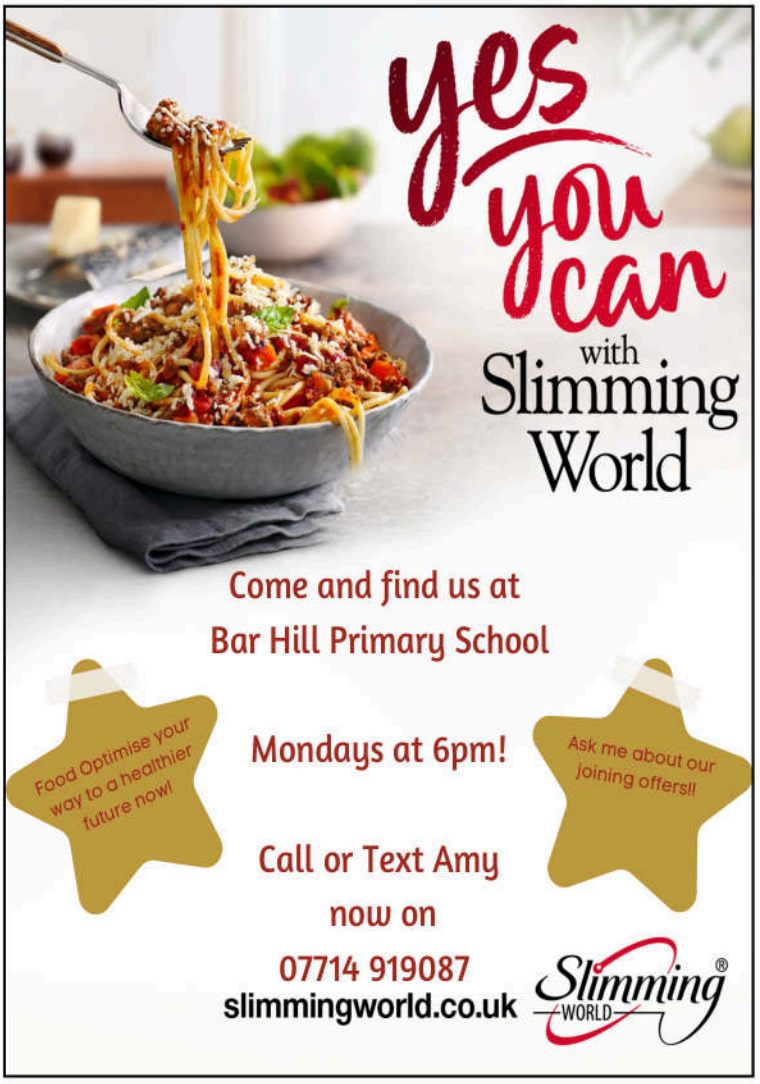
Wellington Baby Wearing

Qualified Consultant who is fully insured to assist with any of your baby/toddler and child carrying needs.

With private consults, group sessions and a travelling library support is on hand!

Contact us now on 07947660607 or wellingtonbabywearing@gmail.com
Search Facebook: Wellington Baby Wearing - consultant and sling library in Cambridgeshire

@wellingtonbabywearing


yes you can
with Slimming World
Come and find us at
Bar Hill Primary School
Food Optimise your way to a healthier future now!
Mondays at 6pm!
Ask me about our joining offers!!
Call or Text Amy now on
07714 919087
slimmingworld.co.uk
Slimming WORLD

We're excited to announce the arrival of a new Specsavers store in Bar Hill which is opening its doors the first week of March.

To mark our arrival, we're proud to sponsor this year's local Christmas tree with 'Vets for Pets' and help bring some festive cheer to everyone living in Bar Hill

Supporting the community is a huge priority to our store directors, **Henry**, **Kam**, **Jaanvi** and **Lewis**, and we'll continue to support local causes close to Bar Hill's heart once we open.

Between the four of us, we have over 65 years of experience looking after people's eyes and ears. We can't wait to welcome everyone into our store next year which will be located on The Mall, on Viking way.

"Wishing Bar Hill a very Merry Christmas and see you in the New Year!"
Henry, Kam, Jaanvi and Lewis

Merry Christmas from your new Vets

Opening January 2024

Proud sponsor of the Bar Hill Christmas tree

We're excited to see you all next year!

Vets for Pets